



## Are You a Service Member in Transition?

### Are you concerned about your mental health treatment?

Have you received new orders? Are you looking at an upcoming change in status, relocation or return to civilian life? If so, and if you are currently receiving mental health care, transferring to a new provider can be easy.

*inTransition* is a voluntary program to support you as you move between health care systems or providers. A personal coach, along with resources and tools, will help you during this transition period. You'll have what it takes to make your transition a success.

### ***inTransition* Coaching & Support Program**

When you contact *inTransition*, you will be assigned your own coach who will:

- Coach you one-on-one as you go through your transition
- Connect you with your new provider
- Empower you with tools to continue making healthy life choices

All *inTransition* coaches are skilled counselors who understand today's military culture and issues. They understand and respect the importance of your privacy. They are with you every step of the way.

### **You Can Do it Right with the Right Resources**

*inTransition* has a great number of community resources. This means your coach can provide you with the specific information you need for your transition.

### **Ask Your Provider or Call Today**

Ask your provider for more details or how to get started with the *inTransition* coaching and assistance program. Or simply call the toll-free numbers:

**1-800-424-7877** *Inside the United States;*

**1-800-424-4685 (DSN)** *Outside the United States toll-free; or*

**1-314-387-4700** *Outside the United States collect.*

**[www.health.mil/inTransition](http://www.health.mil/inTransition)**



***inTransition*** COACHING • CONNECTING • EMPOWERING  
Support for service members moving between health care systems or providers.

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Your coach's number: (     ) \_\_\_\_\_

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